

# CALGARY metro®



## 'I just want to apologize to you'

Mayor Nenshi says 'sorry' to senior citizen who revealed personal details in bid for secondary suite

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## Abandoned shopping carts creating complaints

Wayward carts have become a prime concern in some communities

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## 'Alarming' signs from Canadian ISIL radical

John Maguire was 'isolated' and may have been 'fed up' with society: Acquaintance, professor

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## 'SEX WORKERS' LIVES ARE GOING TO BE AT STAKE'

ADVOCATE FEARS CANADA'S NEW PROSTITUTION LAW WILL COMPROMISE THE SAFETY OF THOSE STILL WORKING IN THE SEX TRADE

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# 'I've never seen someone struggle to that extent'

**A sad sight.** Workers recount struggle of 'Calgary's Worst Driver'



JEREMY NOLAÏS  
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Shawn Baldwin watched curiously as the woman who'd only just left his Officejobs business attempted to squeeze her silver BMW out of the stall next to his.

She'd already tried to back straight up and hit a red car in the process. She then veered right and was now wedged between Baldwin's car and a van belonging to office worker Debbie Simpson.

"I walked out the door and I saw her there and she was stuck.... I figured I'm leaving, so this is going to solve her problem," recalled Baldwin, whose company helps set people up with office employment.

He pulled out of his spot with ease and left the parking lot. It wasn't until he was at home later watching the news with his wife that he saw a video that has now generated millions of hits and been picked up by news outlets around the world.

One Calgary police con-



Shawn Baldwin, president of Officejobs, is among those seen in a video depicting "Calgary's worst driver." JEREMY NOLAÏS/METRO

stable took to Twitter Friday, as the video generated much reaction, to declare the woman "Calgary's worst driver."

Instead of backing up into the vacant space left by Baldwin's ride, the BMW driver pulled forward and to the right, becoming stuck between Simpson's van and the red car she'd already struck.

Next, the owner of the red car came out to assist, unaware that his vehicle had been hit. He began giving signals to the BMW driver as the duration of her parking-lot ordeal crept across the four-minute mark.

Simpson had been watching incredulously while on the phone in her office, which

looks out on the parking lot. Eventually, she went outside for a closer look.

"I thought (the driver was) going to hit me a couple of times," she said.

"I've never seen someone struggle to that extent."

Baldwin did say he feels sorry for the woman, especially as the video of her driving

skills has become the subject of countless jokes online. One version of the video had nearly 2.5 million views Monday afternoon.

Baldwin said he believes the parking stalls situated horizontally behind where the woman's car was parked shouldn't be there and that, when the lot is full, the only

option often is to back completely out. The lot has just one entrance/exit.

Even still, he admitted to having a good laugh over the whole matter, comparing it to a scene in an Austin Powers movie where the so-called "International Man of Mystery" spends more than a minute trying to make what should only be a three-point turn in a luggage cart.

"That's exactly what this was like.... It was hysterical," he said.

Simpson said the owner of the red car, whose name she didn't know, realized seconds after the BMW left that his vehicle had been hit.

"He hopped into his car and went chasing after her," she said.

"He apparently found her a little ways later inspecting her own car."

Police said Monday the driver had been slapped with a \$115 ticket for unsafe backing.

The video was captured by DeltaTech, a video surveillance company located next to the real-estate office where Simpson works.

A representative said Monday that the footage was supplied to the driver of the red car and deflected claims from some spectators online that the company had staged the scenario to generate publicity.

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# Mayor apologizes to senior seeking home

**City hall.** Man forced to reveal personal health and financial details in public in bid for secondary suite



**ROBSON FLETCHER**  
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Mayor Naheed Nenshi and several city councillors apologized to a senior citizen Monday who came before them to detail his wife's health problems and their shared financial troubles in a bid to be allowed to live in a secondary suite in a family member's home.

"If we aren't allowed to live there this way, we would have to move out of the city," said the man, whom Metro has decided not to name. "The rent is just so exorbitant."

Speaking at a microphone and being broadcast live on television and the web, the man pleaded his case to council during one of several public hearings Monday to re-zone properties, one by one, to allow for secondary suites.

"I just want to apologize to you," Nenshi said to the man when he was done addressing council. "I'm very sorry that you've had to come here today and talk about your personal issues, as you're just trying to find a dignified place to live."

Coun. Shane Keating opposed the suite when it came to the Calgary planning com-

## New proposal

- Coun. Druh Farrell introduced a motion in June to legalize secondary suites in Wards 7, 8, 9 and 11 and within 600 metres of major transit, but it was repeatedly delayed and then put aside in September in favour of a new proposal that's still being drafted by city staff.
- The proposal is supposed to create a new mechanism for approving suites more broadly, based on both community input and safety standards that could also eliminate the need for council to individually approve each application.
- The new proposal is due before council on Dec. 15.

mission but changed his mind at council Monday after hearing from the man.

"I have no problem supporting this one," Keating said, adding that his main concern at planning commission was the property's lack of a back lane.

One neighbour had written to the planning commission, expressing concerns about the secondary suite including "neighbouring houses losing property value" and "parking and traffic congestion."

Council ultimately allowed the suite Monday, by a 12-2 vote, with Couns. Jim Stevenson and Joe Magliocca



Mayor Naheed Nenshi said he was sorry a senior citizen had to come to council Monday with personal details of his health and financial situation in order to make a case for a secondary suite he said he and his wife need to live in. METRO FILE

opposed. (Coun. Peter De-mong was absent.)

Couns. Diane Colley-Urquhart and Gian-Carlo Carra also apologized to the man after his presentation to council, while Coun. Brian

Pincott took to social media to express his thoughts on the city's current process surrounding secondary suites.

"Ridiculous that people have to disclose personal stories in public to justify a place

to live," Pincott tweeted.

Next Monday, city council will consider a new policy and process for approving secondary suites, potentially in a broader and more streamlined way.

1 NEWS



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Mini-homes may be an affordable way for Grow Calgary to house caretakers on their land through growing and harvest season. CONTRIBUTED

#### Mini-homes an option

### Grow Calgary exploring housing for those tending to the farm

There's a reason farmers live on their land, and it's not just out of convenience, but necessity.

A lot of work has gone into tending to the land at

Grow Calgary, and not much can be done to protect crops, and eventually livestock, for volunteers and paid hands who live 15, sometimes 20, minutes away from the plot in the city's northwest.

Paul Hughes at Grow Calgary is hoping that more people who tend to the urban farm will live on-site as growth continues.

He says that's why the farm is considering options

to house farm hands temporarily, during the growing season.

"We're trying to get our head around 'how do we have farm labour on our farms.' We have massive demand for on-site farm labour, security, maintenance, caretakers, those types of things," Hughes said. "It has to be temporary, it has to be small-scale. We're right now exploring

options."

Currently, the group is just looking for input; the land they are on is not zoned for housing.

Discussions are underway to hopefully change how the city sees the urban farm.

One of the possibilities for living spaces is a "tiny home" perfect for one resident in the summer, taking up little space and resources to build, Hughes says. **HELEN PIKE/METRO**

# City on pace to impound 2,000 wayward shopping carts in 2014

## Neighbourhood eyesore. Complaints pile up from frustrated residents



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Abandoned shopping carts have become a major concern in some communities and city bylaw officers are routinely rounding up and impounding the wayward four-wheelers.

Complaints to the City of Calgary's 311 line about shopping carts in city neighbourhoods have already more than tripled this year, with 195 filed as of Monday morning. There were just 61 such calls in all of 2013.

Bylaw department spokeswoman Carissa Vescio said officers will often pick up the carts while out on routine patrols. Those seized are taken to an impound lot — not un-

like those reserved for full-size vehicles — located at the city's East Landfill.

As of the end of November, city officers had corralled 1,853 carts.

Vescio said retailers have 60 days to retrieve their property at a cost of \$25 per cart and those not retrieved are recycled into scrap metal. The shopping carts are set to be impounded by the end of 2014.

Asked if the issue of abandoned carts is a growing one, Vescio responded: "It must be."

"The statistics from 311 always indicate if things are getting better," Vescio said.

Residents taking proactive steps to rid their neighbourhoods of shopping carts say they are both an eyesore and pose potential safety risks.

Steve Hurley, president of the Marlborough Community Association, said there used to be 200 to 300 misplaced carts in his neighbourhood at any given time. He said young kids will hop

in the carts and ride around, and, in one instance, he's pretty sure one was used as a battering ram to shatter a glass bus shelter.

"If you have these shopping carts lying around the community, it sort of looks like an unkept community, which is far from the truth," Hurley said.

This year, his association has launched talks with one of the biggest suppliers of the culprits — the Walmart at Marlborough Mall.

Officials with the retail giant didn't return an email inquiry for comment, but Hurley said the store has beefed up its cart sweeps.

Previously, staff would collect carts twice a week in a one-kilometre radius around the mall.

Now, Hurley said, that's been extended to three sweeps a week in a five-kilometre radius.

Hurley urged residents who see abandoned shopping carts in their community to leave them be and phone 311.



Shopping carts are seen strewn along 36 Street NE outside Marlborough Mall on Monday. ROBSON FLETCHER/METRO

# Man admits he caused officer's death, pleads not guilty



Trevor Kloschinsky sits in the prisoner's docket at his first-degree murder trial in Calgary Monday in artist's sketch. JANICE FLETCHER/THE CANADIAN PRESS

A man has admitted to causing the death of a 62-year-old Alberta bylaw officer and then dropping him off, handcuffed and unconscious, at a police station.

But the defence lawyer for Trevor Kloschinsky says her client isn't criminally responsible in the death of Rod Lazenby on a rural property near Calgary in August 2012.

"The accused caused the death of community peace officer Lazenby while Lazenby was acting in the course of his duties," Crown prosecutor Jim Sawa read in court Monday from an agreed statement of

facts. "Mr. Kloschinsky has a fixed belief that Lazenby suffered a heart attack during the struggle."

Kloschinsky, 49, is charged with first-degree murder. He has pleaded not guilty.

Lazenby, a retired RCMP officer who was responsible for enforcing bylaws in the Municipal District of Foothills, died after going to Kloschinsky's property near Priddis to investigate a dog complaint.

Const. Brent Schorn testified Kloschinsky was "very distraught" when he arrived at the police station in Lazenby's vehicle. Const. Joe Deigner said

#### Retired Mountie

Rod Lazenby was an RCMP officer for 35 years and often worked undercover in Vancouver. He had retired in 2006 and moved to High River, Alta., to be closer to his daughter and her children.

Kloschinsky was concerned that someone had tried to steal his dogs.

"He approached the counter. He wanted to complain about his dogs being

stolen," Deigner testified. "He said he caught the person. He said we better check him — 'He looks rough.'"

"He said: 'I took the matter into my own hands,'" Schorn recalled.

Schorn went out to check the vehicle. Lazenby was in the back seat.

The officer was rushed to hospital, but died hours later.

Court heard an autopsy found Lazenby was strangled and had 56 abrasions, contusions and lacerations to the face, head, neck, body and back. He also suffered internal injuries. **THE CANADIAN PRESS**

# Council approves sale of strip of land

**0.84-acre strip.** Land along 16 Avenue NW sold to Stadium Shopping Centre

City council voted Monday unanimously in favour of selling a strip of land along 16 Avenue NW as part of the larger Stadium Shopping Centre redevelopment, despite the opposition of area residents.

"I think it's a good project. I think it's the right move for Calgary," said Coun. Ward Sutherland, adding that he "understands" residents' concerns but trusts city staff members when they say the sale price of \$250,000 per acre is fair and the land won't be needed for future roads or interchanges.

The developer, Western Securities, plans to build a multi-use pathway on the 0.84-acre strip at the corner of 16 Av-

enue and Uxbridge Drive NW.

Not all of the land will necessarily change hands but any amount the city does sell will be compensated with "publicly accessible open space" elsewhere in the larger, mixed-use redevelopment, which is to include commercial and residential space and a hotel.

Mac Logan, the city's general manager of transportation, said the strip of land would not be needed for long-term transportation needs, includ-

ing an eventual expansion of 16 Avenue to six lanes and the addition of dual turns onto the east-west thoroughfare.

Mike Brescia of Western Securities said the company has "never completed a more extensive transportation analysis" than it did for this site and would continue to consult with area residents as work proceeds.

"This has to work for us and for them," he said.

**ROBSON FLETCHER/METRO**



The 0.84-acre strip of land in question, at the corner of 16 Avenue and Uxbridge Drive NW. CITY OF CALGARY IMAGE

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## Distracted-driving penalties debated

Alberta's transportation minister tapped the brakes before endorsing a push by his Tory colleague to roll out stiffer penalties for distracted drivers, but said he was keen to discuss the matter further.

Calgary-East MLA Moe Amery introduced Bill 204 last week in response to what he described as frequent complaints from constituents about dangerous activities behind the wheel.

The bill, if approved, would see fines for distract-

ed driving ramped up to \$250 from \$172 and guilty motorists would also be slapped with three demerits.

Transportation Minister Wayne Drysdale said the laws were still relatively new and noted the topic of distracted driving was among those raised in a public survey launched last week on potential changes to the provincial Traffic Safety Act.

"We need to start talking about it.... It's not a decision we want to make overnight," he said. "People need

time to make meaningful changes and the penalties are only one tool.

"Education is probably a bigger part of that change ... and, of course enforcement."

The Alberta Motor Association has expressed concern with Amery's bill, claiming there is no concrete data linking heightened penalties with a reduction in driver behaviour.

For his part, Drysdale said the penalties for distracted driving among Can-

adian provinces are "all over the board." Given that, he hasn't settled on an appropriate amount.

"The penalty has to be enough to get people's attention, but it can't be too harsh where it's going to affect their lives as well," he said.

"For us, safety's always No. 1, so any time we can bring down the rate of distracted driving we're going to save lives — and we're going to work hard to do that."

**JEREMY NOLAIS/METRO**

## Court. Delay in case of man accused of killing spouse

A Calgary man charged in the murder of his missing spouse after police found human remains in his house has had his court case put over to Tuesday.

Lisa Michelle Mitchell, 31, was the mother of two young children and was last seen alive at the home in October 2012.

Investigators say they got a search warrant for the Calgary residence on Friday.

An autopsy was planned for Monday.

Allan Shyback, 38, faces charges of second-degree murder and causing an indignity to a body. He was to appear in court Monday, but the case was rescheduled for Tuesday.

Officers have said the couple had minor, limited domestic history with police, but that no charges were ever laid.

They say Mitchell's children are aged five and seven, and that the accused is the father of one of them. **THE CANADIAN PRESS**

# MRU prez 'naively optimistic' financial fortunes will change

**Costs going up.**  
University board backs  
2.2 per cent tuition  
hike for 2015-16



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Mount Royal University's president is praising provincial officials for openly communicating with him about a potential rocky financial road ahead and said there's plenty of time for Alberta's financial fortunes to change ahead of the 2015 budget.

David Docherty's comments Monday came after Metro published details of a leaked memo in which university provost Kathryn Shailer informed colleagues that Mount Royal was \$4 million short for 2015-16 and \$5 million to \$6 million short for 2016-17.

Shailer also said she expected those deficits could

climb, with a reduction in provincial funding driven by "a new fiscal reality" that has seen oil prices plunge below \$70 US a barrel.

Little more was shared about Mount Royal's financial fate during a board of governors meeting and Docherty wouldn't answer questions as to whether his senior executives were anticipating a provincial budget that would again cut into Campus Alberta grants.

"I'm going to first have that conversation with the people at Mount Royal ... Look it, I'm still naively optimistic we'll get some of our money back," Docherty said.

Mount Royal was among the schools hit hardest by a nine per cent cut in once-promised funding in the 2013 budget. The school cut eight programs, slashed jobs and drafted a plan to reduce enrolment. Shailer also said in the memo that the university's seven faculties would be merged into

## Tuition bump

MRU's board of governors voted in support of a 2.2 per cent hike in tuition for the 2015-16 school year, but some programs could see additional spikes through so-called market modifiers. Mount Royal has proposed the hikes for its business administration (30 per cent), nursing (20 per cent) and science (10 per cent) programs.

- President David Docherty said Monday that decisions from the province on those modifiers wouldn't be released until January.

five and her team was also "rationalizing" program delivery.

Docherty again wouldn't say whether his school would consider cutting additional programs should the province cut into funding.



Mount Royal University President David Docherty said he and his peers from other institutions were "caught surprised" by 2013 cuts to provincial post-secondary funding. He said this time around officials have been more open about the challenges ahead. METRO FILE

He did say, however, that, unlike in 2013, the government was being "very open and candid about what they

hope to happen and what may happen if things don't turn around."

"There's a commitment

to work together and make sure that whatever the challenges are, we can address them," he said.

## Calgary transit 'real-time' not so real for some riders



Calgary Transit director Doug Morgan  
HELEN PIKE/METRO

Calgary Transit's real-time website is rubbing some riders the wrong way with inaccurate arrival times, but the service's director, Doug Morgan, said the hiccups are just growing pains and that transit is looking into the situation.

It's been about a month since the new web page was launched, and the complaints have been all over Twitter and

Facebook. The long-awaited real-time schedules aren't always real-time and passengers are peeved.

Morgan said Thursday kinks are being worked out, and transit has plans to launch awareness campaigns on the nitty-gritty details in 2015.

"We have a crew that goes out and does quality control on it, so we're slowly fine-

tuning it," Morgan said. "Some of it depends on if the bus gets stopped and we can't adequately predict when it might start up, like if there's an accident downtown. That's where we might have those issues."

Often riders post exasperated tweets complaining rides are early, or late — sometimes by 10 or 15 minutes. A few people even pointed out tex-

ting real-time often doesn't work effectively.

A Reddit thread with discussion back and forth mentioned traffic, but one user isn't buying the excuse. That person said: "The point of real-time is that it should be predicting from where it actually is. Traffic could occasionally cause it to run a little behind that, but traffic can't explain the real-

time time telling me it's still nine minutes away when it arrives at my stop."

Morgan explained real-time holds true only to a point. The system gives riders an arrival time in minutes, but if the bus gets caught behind traffic and sits there for three minutes, it's still going to give the user the same arrival time.

HELEN PIKE/METRO

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## City. Employees to get more harassment training

City of Calgary employees will undergo additional training with respect to workplace harassment and violence in early 2015, council heard Monday.

"There is an actual training program coming with respect to that," city solicitor Glenda Cole said, in response to a question from Coun. Diane Colley-Urquhart.

"Having served in these council chambers for nearly 15 years, I don't believe that I've ever had the opportunity to participate in any training



Coun. Diane Colley-Urquhart

METRO FILE

or education as it relates to harassment in the workplace," the veteran Ward 13 councilor said. **ROBSON FLETCHER/METRO**

## Bill 2. Alta. brings in rules to clean up government

Alberta is bringing in new rules it says will help clean up government, but opponents say the real test is whether Conservative Premier Jim Prentice's team will actually follow them.

The changes are contained in Bill 2, named the Alberta Accountability Act.

The act follows up on a campaign promise made by Prentice to correct the spending irregularities and excesses that occurred under former premier Alison Redford.

Among other changes, the act extends the cooling-off period for those leaving government, tightens up provisions for sole-source contracts, and limits the amount of severance paid to political staff.

Wildrose member Rob Anderson says no act can close all the loopholes, and he says it's up to Prentice to prove his act will live up to not only the letter of the law, but the spirit of it as well.

**THE CANADIAN PRESS**

# Battery heist temporarily cripples school bus fleet

**237 batteries from 79 buses.** Thieves drove away with almost \$200,000 worth



HELEN PIKE  
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Southland Transportation paid out-of-pocket to replace stolen batteries to get Calgary school buses back on city roads.

According to police, on Sunday between 2 p.m. and 5:30 a.m., someone, a person or several people strolled onto the unlocked bus yard at 8220 48 Avenue NE and started cutting wires to bus batteries before squirrelling them away into a large vehicle. The mysterious thieves drove away with almost \$20,000 worth — that's 237 batteries from 79 school buses.

Police say they've never come across a heist quite like this one before.

"We're still looking at all the leads into why this might have occurred," said Sgt. Brad Moore. "It goes much beyond what we would call a prank."

Moore added for one person to carry that number of bus batteries, much larger than car batteries, would be



School buses are seen on Calgary streets. METRO FILE

a substantial time commitment, not to mention finding somewhere to store them, as they are quite large.

Unfortunately, the Southland doesn't have closed-circuit video installed, and assistant general manager Kyrie Geurts said this incident is something they're discussing with their security company.

"These drivers and these buses service routes all over

the city," Geurts said. "This is hundreds of families that were impacted today.... Our first job is to ensure kids get safely home, and when these kinds of things happen that impedes that mandate for us."

Southland is self-insured, so the cost of losses was covered this morning, with vendors supplying and installing new batteries by noon.

"Certainly this is going to be something that you can't budget for in the long run," Geurts said. "Usually we can budget for unpredictables, but nothing to this magnitude."

She said the main concern was children's comfort and safety, as the bus shortage left them scrambling to pick up vehicles from other lots, and assigning drivers to pick up extra kids along their routes.

### Exploding package

## Evidence hearing underway for Malley trial

A hearing is underway to decide what evidence to

allow at the trial of a man accused of killing a young woman with an exploding package outside her door in central Alberta.

Brian Malley, who is 57, is charged with first-degree murder and two explosives-related counts.

The evidence presented at the voir dire cannot be made public.

Vicky Shachtay died in November 2011, when a hand-delivered package left on the doorstep of her townhouse in Innisfail blew up.

Shachtay, who was 23, was a single mother and used a wheelchair following a car accident.

The hearing is expected to last two weeks with Malley's trial to go ahead in January.

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# Computerized test results still in limbo



Teachers have complained that new Student Learning Assessments tacked hours onto their already busy schedules.

METRO FILE

## 'Absolute mess.'

Questions about Student Learning Assessments continue to emerge, parents concerned



JEREMY NOLAÏS  
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Shawna Torres' son has indicated he breezed through a new computerized test for Alberta's Grade 3 students — she'd just like some hard data to back up his claims.

The Royal Oak mother's boy was among thousands to participate in a trial run of Student Learning Assessments (SLAs) this fall, a computerized test taken at the beginning of the year that aims to replace long-standing Provincial Achievement Tests.

The province and teachers' representatives have said the new model is more beneficial to students and teachers alike because it allows academic strengths and weaknesses to be identified at the outset of

## Quoted

"When I was reading about the SLAs, I was thinking, How wonderful that we're going to have this new tool.... I was most disappointed that I wasn't going to have direct access to those results."

Parent Shawna Torres

the school year.

The plan is to eventually introduce the SLAs in Grades 6 and 9 as well, but timelines for such a shift have been drawn into question after numerous concerns were raised with the Grade 3 trial this fall.

Teachers have said the tests added hours of work, confused students and were taken on computers unable to properly run the program. The president of the Alberta Teachers' Association recently deemed the pilot an "absolute mess."

Alberta Education has said

it wouldn't report publicly the results of the SLA trials until 2016-17, but parents like Torres were under the impression they would be provided with the marks for their own child.

To date, that hasn't happened, despite requests she made at her son's school.

"You want to be able to ensure that you're following up on their weaknesses," she said.

Alberta Education spokesman Rohit Sandhu didn't formally rule out providing the results to parents, and said in an email, "details of the results release for this pilot year are still being determined, and we'll be sharing more information shortly."

Sandhu added that teachers and parents will be encouraged to meet to discuss the results.

But Torres noted the school year is already months-old and indications at her school are that the results won't be released at all. She noted that Alberta Education has asked for feedback from parents whose kids were involved in the trial, but questioned how she could provide a response without knowing how her son did.

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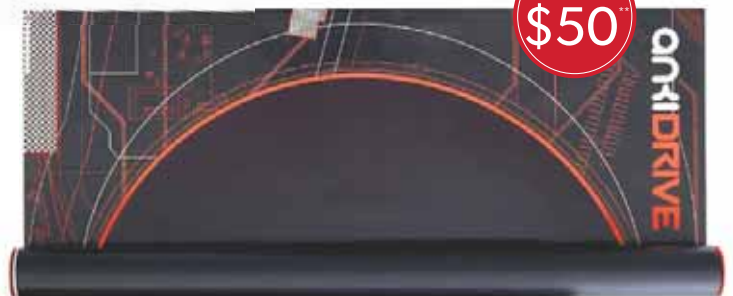
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# Santa Claus gives blood — do you?

**Wrap It Up Red.** Old St. Nick helps Canadian Blood Services launch seasonal campaign



**HELEN PIKE**  
helen.pike@metronews.ca

Canadian Blood Services donor clinic had a special visitor Monday, as jolly old St. Nick rolled up his sleeve to give blood for this year's Wrap It Up Red holiday campaign.

Children from Langevin school gathered to learn the ins and outs of giving blood. They stood by Santa as he helped the clinic meet a growing need for blood, even if some of the kids were squeamish about the whole thing.

Eventually, the kids were quizzed by the nurses on staff as to how the blood-giving process works.

Ridley Horton, a Grade 5 student, took it all in.

"I've learned that it only hurts as much as a mosquito bite," Horton said.

"They want more blood 'cause people are off for the holidays and I think that there would be more incidents because people are



Kids from Langevin school gather to watch Santa as he gives blood for Canadian Blood Service's Wrap It Up Red campaign. HELEN PIKE/METRO

travelling and so they would need more blood."

Susan Matsumoto, director of donor relations for Alberta, said getting blood in the holiday season is tough as people have other things on their minds.

"We were concerned about the state of our in-

ventory and asked people to come out and support us. We had a huge response in October," Matsumoto said.

"We did rebuild the inventory and that was critical at the time."

Some of their products have only a five-day shelf life, so Matsumoto said the

need is always there for people to donate.

"Right now we are trying to be proactive, we have a lot of appointment spots still available to fill," she said.

For more information visit the website [blood.ca](http://blood.ca) or call 1-888-2-DONATE (1-888-236-6283).

## Quick-drop. City council ponders bottle depot rules

So-called "quick-drop" bottle depots that employ manual counting off-site are Calgary's best immediate option for improving service and reducing capacity problems at some existing beverage-container return facilities, city council heard Monday.

As council considered changing regulations to allow for such facilities, which see customers drop off bags of bottles and collect cash later, Coun. Druh Farrell inquired as to why Calgary couldn't move toward fully automated systems.

"When I was a kid I used to spend my summers in Los Angeles with a relative and at that time, every grocery store had an automated bottle drop-off location," she said. "I'm just wondering why we don't see them in Calgary."

Coun. Andre Chabot said Alberta's wide range of bottle types makes that nearly impossible here. He says



Bottle depot owner Dennis Cherni-wchan in Edmonton. METRO FILE

quick-drop depots allow for speedier drop-offs and reduce problems with odour and unsightliness that arise from on-site storage.

One such quick-drop system is already being rolled out at Beverly Bottle Depot in Edmonton. As of press time, council had yet to vote on the proposed regulation change in Calgary. **ROBSON FLETCHER/METRO**

### Revenue stream

## Mustard Seed gets OK for parking lease at 1010 Centre

The Mustard Seed has the go-ahead to lease the underground parking stalls at its 1010 Centre in a bid to generate "much-needed revenue."

The centre, which opened in March, features 224 affordable-housing

units, but the bulk of tenants in the building do not own vehicles.

It's not clear yet exactly how many stalls will be available in the centre, located at the corner of 10 Avenue and Centre Street.

"This collaboration is a good example of how we're continuing to cut red tape and transform government to be a more responsive, citizen-focused organization," Mayor Naheed Nenshi said in a release. **METRO**

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Former Quebec lieutenant-governor Lise Thibault leaves a courtroom on July 28 in Quebec City. Thibault pleaded guilty to charges of fraud and breach of trust on Monday. CLEMENT ALLARD/THE CANADIAN PRESS

## Ex-Lt.-Gov. pleads guilty to charges

**Lise Thibault.** After five years between court appearances, former Quebec Lt.-Gov. pleads guilty to breach of trust, fraud charges

More than five years after her first court appearance in September 2009, former Quebec lieutenant-governor Lise Thibault pleaded guilty on Monday to charges of fraud and breach of trust.

Thibault switched pleas because, according to her lawyer, she came to a better understanding of the evidence and the law.

It was Thibault's first appearance in court since August when she suffered an epileptic seizure that interrupted her cross-examination.

The charges were laid after a joint report filed by former provincial auditor general Renaud Lachance and his federal counterpart at the time, Sheila Fraser.

The document alleged more than \$700,000 in expenses had been claimed.

Her trial heard the money was allegedly spent on gifts, trips, parties, meals and skiing and golf lessons.

Quebec court Judge Carol St-Cyr will hear sentencing arguments as well as the results of negotiations on a reimbursement plan next May 1.

Thibault, 75, left the courthouse Monday without responding to questions.

Her lawyer, Marc Labelle, said the former lieutenant-governor came to a new understanding of the evidence and the law.

"If you think you didn't commit a crime, but then you

see through the interventions in court, you see how things are presented," Labelle explained to reporters.

During her testimony, Thibault said she had little to show financially for her time as vice-regal — a divorce ate into her savings and she now lives on a \$30,000 pension.

Last summer, St-Cyr ruled against a pair of motions filed by Labelle, who argued the case should be dismissed because the accused benefited from royal immunity.

The judge wrote that, according to constitutional law, the lieutenant-governor does not enjoy the same benefits as the Queen.

St-Cyr also noted that under the Constitution, the lieutenant-governor is a civil servant, adding such an affirmation is even posted on the lieutenant-governor's website.

THE CANADIAN PRESS

### Kamloops, B.C.

#### RCMP officer conscious after shooting

The RCMP report that a 40-year-old officer who was shot during a traffic stop in B.C.'s Interior is now conscious and speaking to his family. Cpl. Cheryl Bush says Cpl. Jean Michaud remains in hospital in intensive care following the early morning incident last Wednesday in Kamloops, B.C. The shooting led to a 12-hour manhunt and the arrest of 36-year-old Kenneth Knutson, who now faces four charges, including attempted murder.

THE CANADIAN PRESS

## First Nations. Assembly to choose national leader

Chiefs from across the country are meeting to elect a new national leader for the Assembly of First Nations amid questions of the organization's relevancy as a voice for aboriginals.

As the assembly prepares for some soul-searching, many say it will take a monumental shift to regain the support of the next generation.

"The grassroots have said we need a voice," said Grand Chief David Harper, head of host organization Manitoba Keewatinowik Okimakanak, which represents northern Manitoba First Nations.

"There is going to be a lot of restructuring that needs to

take place. That's something the next national chief will have to do."

There aren't many vying for the job that came open following the resignation of former national chief Shawn Atleo. When Atleo ran for re-election in 2012, he faced seven other competitors. This year, there are three names on the ballot.

Those running include Perry Bellegarde, chief of the Federation of Saskatchewan Indian Nations, Ghislain Picard, regional chief of Quebec and Labrador, and Leon Jourdain, chief of the Lac La Croix First Nation in northwestern Ontario. THE CANADIAN PRESS

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## Video. Muslim group denounces call for attacks

A leading national Muslim group has categorically denounced the latest call for violence against Canada and other nations by the terror group that calls itself the Islamic State of Iraq and the Levant (ISIL).

"We condemn the depraved violence and extremism by this and other terror groups," Ihsaan Gardee, executive director of the National Council of Canadian Muslims, said on Monday.

The council's comments come on the heels of reports that John Maguire of Ottawa, who now calls himself "Abu Anwar al-Canadi" and "Yaha," has posted a propaganda video online. His video calls for terror



Ihsaan Gardee of the National Council of Canadian Muslims, right, is seen presenting an award at the NCCM's March 2014 Gala.

TORSTAR NEWS SERVICE FILE

attacks in Canada in response to Canada's participation in a coalition against ISIL.

TORSTAR NEWS SERVICE

### Safety concerns

## Canadian Embassy in Cairo closed

The Canadian Embassy in Cairo has been closed amid security concerns, one day after the British Embassy suspended its services because of safety worries.

Three senior Egyptian

security officials said that recent arrests of suspected militants revealed plans to target the embassies, abduct foreign nationals and assassinate public figures. They did not elaborate.

The embassy announced its closure locally through a message on its main telephone number on Monday.

THE CANADIAN PRESS

# Jihadist likely 'fed up' with Canadian society: Professor

## John Maguire.

Former Ottawa man who appears in a new extremist video seemed to lack friends, acquaintance says

John Maguire, a former Ottawa man who appears in a new extremist recruiting video, seemed to lack close friends in Canada and kept his distance from others, says an acquaintance who used to pray with him.

"People had very superficial relationships with him," said Stephane Pressault, who met Maguire four years ago during Friday prayers at the University of Ottawa. Pleasantries were exchanged, but no deep ideas were shared, said Pressault, the national co-ordinator with outreach group Project Communitas.

"It's not that he was a loner. But he didn't share his opinions



A man who says he is a Canadian and identifies himself as 'Abu Anwar al-Canadi' is seen in this screenshot from a video, released Sunday by ISIL, that calls for attacks against Canadians. The man has been identified as John Maguire, a former University of Ottawa student who converted to Islam. HANDOUT/THE CANADIAN PRESS

on things. And he didn't have ... a best friend, or a clique, or a group of people that he always turned to," Pressault said. "In retrospect, that's alarming."

Project Communitas is grappling with the phenomenon of

Islamic radicalization as part of its mission to foster citizenship, dialogue and youth leadership.

Maguire's video, released Sunday, urged Muslims to launch attacks against Canadians, similar to those carried

out in October in Ottawa and St-Jean-sur-Richelieu, Que.

Maguire — whose passport was apparently revoked after he left Canada — likely became "fed up" with Canadian society at some point, said Jocelyn Belanger, a psychology professor at the University of Quebec at Montreal who has studied radicalization around the world.

Belanger surmises Maguire could have been spurred to join radical Islamic militants overseas because he didn't fit in at home and felt insignificant — a typical motivation for extremists.

One can regain significance by building a successful career or becoming a role model, Belanger said, but such accomplishments take time.

This is why propaganda created by the al-Qaida splinter group known as the Islamic State of Iraq and the Levant (ISIL) has been so effective, he added: "Their ideology dictates the actions required to become a hero, a martyr, a rock star."

THE CANADIAN PRESS

## CBC union warns employees about Ghomeshi investigation

The union representing CBC employees is warning members that what they tell an investigator looking into the broadcaster's handling of workplace harassment allegations against Jian Ghomeshi could be used by management against them.

The Canadian Media Guild issued a memo Monday saying that while it is "strongly supportive" of the investigation,

it has "some concerns" about how the information garnered from interviews with employees will be used.

The memo says the independent investigator — Janice Rubin — will be recording the interviews and may pass the recordings to management, who could then rely on the information to discipline employees.

"While we firmly believe

that evidence of wrongdoing should be investigated and necessary measures taken as required, no employee should be put in a position of exposing themselves to discipline based on information they themselves have provided," Marc-Philippe Laurin, president of the union's CBC branch, said in the memo, which was obtained by the Canadian Press.

THE CANADIAN PRESS

## Man facing terror-related charges to have bail hearing

A man arrested by Quebec provincial police on terrorism-related charges will have a bail hearing Tuesday.

Crown prosecutor Lucie Martineau objected to Nejib Belhaj-Chtioui's release on Monday as he was arraigned at the Montreal courthouse.

Police say he was the subject of an outstanding warrant and was arrested Sunday at Montreal's Pierre Elliott Trudeau airport upon returning from Tunisia.

He faces two charges relat-

ing to the terrorism hoax section of the Criminal Code — conveying information and committing an act to cause reasonable concern that it is connected to a terrorist activity.

The investigation was conducted by a provincial police unit that probes extremist threats. Martineau said she objected to Belhaj-Chtioui's release because he hadn't been in Canada and was arrested at the airport.

She wouldn't say if she

thought he would flee the country if released, adding, "I just objected to his release today and we will know more about him tomorrow (Tuesday)."

Martineau said there had been a warrant out for Belhaj-Chtioui's arrest since 2013 for acts allegedly committed between May 13 and May 20, 2011, but wouldn't elaborate.

She added she believed Belhaj-Chtioui had been out of the country since warrant was issued. THE CANADIAN PRESS



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# New Delhi bans Uber after driver accused of rape

**Blow for ride-sharing service.** Based on hailing cars from a smartphone app

The Indian capital on Monday banned taxi-booking service Uber after a woman accused one of its drivers of raping her.

Transport official Satish Mathur made the announcement as the 32-year-old suspect appeared in a New Delhi court.

The court ordered Shiv Kumar Yadav held for three days for police questioning over allegations that he raped the finance company employee after being hired to ferry her home from a dinner engagement on Friday night.

The court also ordered Yadav's cellphone confiscated, according to Press Trust of India.

The case, almost two years after a young woman was fatally gang raped on a bus in the capital, has renewed national anger over sexual violence in

India and demands for more effort to ensure women's safety.

The CEO of San Francisco-based Uber, Travis Kalanick, said the company would do "everything to bring the perpetrator to justice and to support the victim and her family in her recovery."

He also sought to deflect some of the blame on to officials, saying the company would work with the government to establish clear background checks.

THE ASSOCIATED PRESS



## NATO lowers flag on Afghanistan mission

NATO soldiers fold the flag of International Security Assistance Force Joint Command, the NATO entity in charge of combat operations in Afghanistan, during a flag-lowering ceremony in Kabul, Afghanistan, Monday. The U.S. and NATO ceremonially ended their combat mission in Afghanistan on Monday, 13 years after the Sept. 11 terror attacks sparked their invasion of the country to topple the Taliban-led government. MASSOUD HOSSAINI/THE ASSOCIATED PRESS

### Human rights

#### Probe demanded in police killings of black Americans

Protesters carrying signs bearing names of black Americans killed by police have marched outside the U.S. Capitol to demand a human rights investigation. THE ASSOCIATED PRESS

### Cleveland

#### Rice's mom wants cop convicted

The mother of 12-year-old Tamir Rice, shot by a Cleveland policeman, says she wants him convicted for killing her son, who was carrying a pellet gun that police say looked real.

THE ASSOCIATED PRESS



Samaria Rice, mother of Tamir Rice, speaks during a news conference Monday. THE ASSOCIATED PRESS

### Justice Department

#### Obama admin bans profiling by law enforcement

The Obama administration issued guidelines Monday that ban federal law enforcement from profiling on the basis of religion, national origin and other characteristics, protocols

the Justice Department hopes could be a model for local departments as the U.S. tackles questions about the role race plays in policing.

The policy, which replaces decade-old guidelines established under the Bush administration, also will require federal agencies to provide training and to collect data on complaints. THE ASSOCIATED PRESS

### Israel

#### Lawmakers dissolve parliament

Israeli lawmakers unanimously voted Monday to dissolve parliament, officially ending the legislature's term two years ahead of schedule and kicking off the country's election campaign ahead of a March 17 nationwide vote.

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# Assignment at U of T pulled

**University of Toronto.** Graduate business school pulls class assignment over concerns of sexism

The Rotman School of Management has pulled a controversial class assignment from a first-year MBA course after concerns were raised about its portrayal of women.

The assignment, issued last week for a class on capital markets, features a fictional female business student who is offered a public relations job with jeweller Tiffany and Co. — her “favourite company of all time.” She is struggling to decide which compensation package she should accept.

Several students in the University of Toronto's graduate business school were openly dismayed by the assignment, saying there is “just so much wrong” with

its portrayal of “Elle Forest,” a ditzy female who requires the assistance of her Yale-educated boyfriend to figure out which compensation package she should accept.

Torstar News Service received a copy of the assignment from a student, who was unimpressed by its depiction of the hapless lead character.

Torstar took those complaints to the Rotman School of Management on Thursday. Students told Torstar that Prof. Kent Womack, who teaches the capital markets class, later apologized verbally for the assignment, which was he said written by a teacher's assistant. He then advised the class to think carefully before speaking to the media, according to students.

One student, who asked not to be identified over concerns of reprisal, said some classmates started to clap after the professor advised against commenting to the press. **TORSTAR NEWS SERVICE**



## Video-game pioneer dies

German-American game developer Ralph Baer shows the prototype of the first games console, invented by him, in this July 2009 file image from the Games Convention Online in Leipzig, Germany. The video-game pioneer, who created both the precursor to Pong and the electronic memory game Simon, has died. He was also the leader of the team that developed the Magnavox Odyssey, the first home video-game console. Baer, who was born in Germany and escaped the Holocaust with his family, was a longtime resident of Manchester, N.H. The Goodwin Funeral Home confirmed Monday that he died at his home Saturday. He was 92. **JENS WOLF/THE ASSOCIATED PRESS FILE**

## Regulating e-cigs may get tougher

Just a few years ago, early adopters of e-cigarettes got their fix by clumsily screwing together a small battery and a plastic cartridge containing cotton soaked with nicotine.

Now, the battery-powered contraptions have computer chips to regulate puffs and temperature, track usage, talk to other electronic devices and even blink when “vapers” are near each other.

U.S. officials say the technology race could make creating standards for the devices, which heat a liquid to create vapour rather than burning tobacco, more difficult in the future. Unlike traditional smokes that are simply chopped tobacco rolled in paper with a filter, e-ciga-

**A first**  
In April, the FDA for the first time proposed a set of regulations for e-cigarettes, including banning sales to minors and requiring health warning labels, as well as approving new products.

rettes come in many shapes and sizes and the technological changes only make regulating them more of a headache.

At the same time, a rapidly growing market for e-cigarettes and the possibility that the devices could be safer than regular cigarettes have some in the industry worried that regulation that's too heavy-

handed would stifle the technological innovation — and their businesses.

“I think it's fair to say that there will always be some degree of a gap between (data) and the latest innovations,” Mitch Zeller, director of the U.S. Food and Drug Administration's Center for Tobacco Products, said in a recent interview with The Associated Press.

“But that's the beauty of regulation because over time, regulation closes that gap.... We will get to a point where new products have to come through us first.”

It's unclear how quickly regulation will proceed, but the FDA seems to be taking a deliberate approach.

**THE ASSOCIATED PRESS**

## Low oil prices. Oilpatch companies tighten belts

There were more signs of belt-tightening in the oilpatch Monday, as oil prices continued their downward slide and energy stocks were pummelled.

Precision Drilling Corp. and Vermilion Energy Inc. were among the Canadian energy firms to cut capital budgets for next year, in addition to Trilogy Energy Corp., which is also halting its dividend “given the current market environment.”

U.S. benchmark crude for January delivery was down more than four per cent from Friday's settlement, at \$63.05 US a barrel on the New York Mercantile Exchange.

Crude is off nearly 40 per cent since mid-summer,

the lowest it's been in five years. The drop has intensified since late last month when the Organization of Petroleum Exporting Countries decided to maintain its production rather than cut it in order to support prices.

The energy sector was down about 6.5 per cent on the Toronto Stock Exchange on Monday, following last week's five per cent slide.

Looking ahead to 2015, oilpatch firms are taking a conservative approach.

Precision Drilling said Monday it plans to spend \$493 million in 2015. This year's spending is expected to ring in at \$885 million, with \$350 million being carried over into 2015's budget.

**THE CANADIAN PRESS**

### Angers activists

## Facebook seems to be courting China

A Chinese government news portal released a photo Monday of Facebook founder Mark Zuckerberg with a copy of Chinese President Xi Jinping's book on governance at his desk while hosting the country's top Internet regulator.

Facebook is currently blocked in China.

The gesture, interpreted as an effort by Zuckerberg to court the government, disappointed and angered activists in China, who have long held the social networking company in high regard for its ability to share information beyond the tight controls of the ruling Communist Party.

**THE ASSOCIATED PRESS**

### Hachette

## Buy books via authors' tweets

A leading book publisher is hoping that Twitter will not only help promote books, but sell them directly.

Hachette Book Group announced Monday that it has teamed with the e-commerce platform Gumroad. The deal will allow Twitter users to purchase print editions of selected works by clicking on “buy” buttons from within authors' tweets.

**THE ASSOCIATED PRESS**

### Market Minute

	<b>DOLLAR</b> 87.09¢ (-0.38¢)
	<b>TSX</b> 14,144.17 (-329.53)
	<b>OIL</b> \$63.05 US (-\$2.79)
	<b>GOLD</b> \$1,194.90 US (+\$4.50)
<b>Natural gas:</b> \$3.62 US (-\$0.18)	
<b>Dow Jones:</b> 17,852.48 (-106.31)	

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## VOICES

# 'DEVASTATED': EX-SEX WORKER

With Canada's controversial new prostitution law now in effect, Metro's Thandi Fletcher talks to advocates for their take on why Bill C-36 puts sex workers at risk



**THANDI FLETCHER**  
Metro in Vancouver

When Kerry Porth worked in the sex trade a decade ago, she says she never encountered a situation where she felt in danger.

Although she struggled with severe drug addiction, poverty and occasional homelessness at the time, Porth credits her ability to stay out of harm's way with being able to work from home, where her partner was always nearby.

"I think that speaks to the value of being able to work indoors and have someone there to protect you," she said.

Porth, now an advocate for sex workers' rights and a board member for Vancouver's Pivot Legal Aid Society, fears Bill C-36, Canada's new prostitution law, will compromise the safety of those still working in the sex trade.

"I'm pretty devastated about it," said Porth, who appeared before the House justice committee in July to speak out against the new legislation. "This bill is really going to place sex workers in further harm."

Justice Minister Peter MacKay has said that once passed into law, the prostitution bill will mean safer conditions for sex workers. But for Porth, the claim is laughable.

### In harm's way

**"While we continue on with this failed experiment, sex workers' lives are going to be at stake."**

Kerry Porth, former sex worker

Over the past year, she and others have worked tirelessly to convince government of the link between criminalization of prostitution and violence against sex workers.

She said the new law will make prostitution more dangerous by driving sex work into the shadows, rushing communication with clients and preventing sex workers from properly screening clients.

For sex workers who operate indoors, she said, the new law makes it difficult for them to advertise their services, forcing them to place vague classifieds.

"They can't be explicit about what acts they're willing to perform," she said, adding that this could drive some sex workers to the street in search of new clients.

The new law also heightens safety risks for street-level sex workers. Under the new law, she said sex workers wouldn't be inclined to work in well-lit areas because clients will want to



Kerry Porth says Canada's new prostitution law will put women in danger. THANDI FLETCHER/METRO IN VANCOUVER

avoid police detection.

Already, she said, her fears are being realized.

The day Bill C-36 received royal assent, Porth said a sex-worker friend told her three

clients had refused to provide their real names and phone numbers.

"Those are essential screening techniques that sex workers employ," she

said. "Clients are going to be really leery about complying with screening techniques when they fear there's a police officer on the other end of the phone."

### Old vs. new

Last December the Supreme Court of Canada threw out existing prostitution laws, saying they violated the Charter of Rights and Freedoms.

- Under the old law, buying and selling sex was legal, but activities around it were illegal. The key difference under the new legislation is that selling sex remains legal but buying sex, and communications around buying sex, will be against the law.
- It is now legal to communicate with the intention of selling sex in some circumstances. This is a change from the previous laws, which made it illegal to negotiate the sale of sex in any public place.
- It is now illegal to sell sex in public view or next to a school ground, playground or daycare centre.
- It is now legal, technically, to advertise your own services, but illegal to advertise the sale of others' sexual services.
- It is against the law to benefit materially from another person's sex work, with some exceptions.

## New prostitution law, same harm to workers: Lawyer

Metro talked to Katrina Pacey, a lawyer for Vancouver's Pivot Legal Society, for her take on the controversial new law.

**How is Bill C-36 different from previous laws on prostitution?** It's a different law, but the impact on sex workers' health and safety will be the same. Bill C-36 targets communication for the purposes of prostitution, the purchase of sexual services, advertising, and sex workers' ability to work with others

like security guards.

By targeting all of those various activities, it takes away sex workers' ability to use those relationships and situations to enhance their safety.

**Does Bill C-36 improve conditions for sex workers?**

No. Bill C-36 doesn't make anything better for sex workers. The government has tried to paint it that way. (Justice) Minister (Peter) MacKay has said that this is about rescuing

victims who are in prostitution and trying to eliminate prostitution through criminal law, but we know that neither of those objectives will be achieved.

By making it illegal to purchase sex and targeting clients, sex workers at the street level will continue to get driven into the most isolated and dark parts of the city because their clients are getting driven into those places to avoid police detection. Sex work will continue to happen, but

in an underground fashion. As a result, the whole industry gets made less safe.

**How is Bill C-36 going to change things for sex workers?** It is going to continue to create a distrustful relationship between sex workers and police, who they would like to be able to count on for support.

What we don't know at this point is what enforcement is going to look like. It's up to the various police

departments and RCMP detachments to decide how vigorously they're going to enforce (the law).

In Vancouver, the police have made some very promising and progressive statements that they're not interested in arresting people who are engaged in adult sex work that is consensual.

While we wait for these laws to go through a court challenge, we hope that other police departments will follow suit.

**What's next?** There's a conversation happening around the country now among sex workers, organizations and lawyers about what a court challenge would look like, and when and how it will happen.

We're a part of that dialogue and we're very actively thinking about litigation.

I don't have anything concrete at this moment to say about timing, but I can say for sure that a court challenge will happen. **THANDI FLETCHER/METRO IN VANCOUVER**



## Gossip

## NED EHRBAR

METRO'S TAKE ON  
THE WORLD OF  
CELEBRITIES

William and Kate GETTY IMAGES

Some Big Apple tourist traps  
we suggest Will and Kate avoid

The British are here! The British are here! The Duke and Duchess of Cambridge — who will always be Prince William and Kate Middleton to me, sorry — are, like countless tourists this month, in New York to see the sights. Although it's too late to warn them away from the Empire State Building — baby, it's cold up there — we would still like to save them some time and grief with advice on what other tourist traps they should avoid.

**Cabaret on Broadway**

Or whichever bar Shia LaBeouf was drinking at before going to see Cabaret. That does not end well.

**Guy Fieri's restaurant**

Although the horrendous menu at Guy's American Kitchen & Bar might be the most American thing in the world, we think the Royals would be doing themselves a favour by passing up a chance to sample the Guy-talian Nachos or the Awesome Pretzel Chicken Tenders.

**Those damn Cronuts**

Speaking of food: the signature pastries at Dominique Ansel's bakery? Not worth the wait. Plus, they're pretty French, so the Brits probably want to avoid them anyway.

**The Hot Bird**

Or any other Brooklyn bar currently enforcing a ban on babies. Although Prince George is sitting this trip out, it would look like a betrayal to fellow parents everywhere if Kate were to cross the stroller-choked picket line.

Swift and Kloss make out  
(or just discuss the music)

Congratulations, Taylor! You've officially reached the fevered lesbian rumour stage of your career. Sources are breathlessly exclaiming that Swift and model Karlie Kloss are more than just friends, going so far as to suggest photos show the pair totally making out in the balcony at a concert by The 1975 last week. Or, you know, they could've just been trying to talk to each other during a loud rock concert.



Taylor Swift GETTY IMAGES

Lautner a bit too popular  
at two Hollywood gay bars

Hey, remember Taylor Lautner? He of the Twilight franchise, who briefly "dated" best friend Taylor Swift? Maybe he thought you'd forgotten him enough that he could just relax and enjoy himself.

Well, not so much. Lautner hit up a couple of gay bars in West Hollywood recently with friends but ended up drawing a fair amount of attention.

First, model Murray Swanby got himself a selfie with Lautner at famed gay bar The Abbey. Then Lautner and pals scooted next door

to another bar, Mother Lode, but the attention got to be too much.

"Taylor only stayed at Mother Lode for a half-hour, but seemed to be having a blast. It is a fun gay bar with super-strong drinks, and he was in the back with two friends, who looked to be very close by their interactions," a source tells Radar Online. "Taylor was definitely trying to be incognito, it looked like, but everyone there was staring at him. I think he left because people kept asking him for photos with him and he declined."



Taylor Lautner, right, and model Murray Swanby. INSTAGRAM

## Drake dates and 'scars' led to Brown breakup

Chris Brown and on-again, off-again girlfriend Karrueche Tran are very, very off right now, at least if his proc-



Chris Brown and Karrueche Tran GETTY IMAGES

lamation of, "F--- that bitch!" during a recent concert appearance is any indication. He also decided to vent his frustrations with an Instagram post, although he quickly thought better of it and deleted it. Luckily MTV News saved it.

"We've got scars, some of them (you) gave me, some them I've caused," he posted. "I was locked up for damn near four months and only got one visit from you while (you) was hosting parties and taking secret trips to Toronto, go-

ing on dates with Drake."

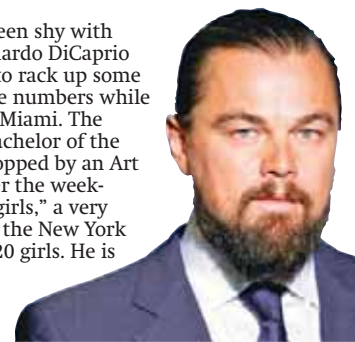
Oh, Chris. You know it's not a good idea to talk about giving your girlfriend scars when you're still on probation for assaulting a previous girlfriend, right? Well, maybe you don't.

Tran, for her part, is being quite open about the breakup, stating in an Instagram post of her own, "I refuse to be repeatedly mistreated, especially by someone who claims to love me. That's not love. And if that's what you define as love then I don't want it."

Should we be worried about that "repeatedly mistreated" part?

Leo picks up the bachelor  
slack in post-Clooney era

Although he's never been shy with the ladies before, Leonardo DiCaprio is apparently looking to rack up some Wilt Chamberlain-style numbers while attending Art Basel in Miami. The reigning Hollywood bachelor of the post-Clooney world stopped by an Art Basel-related party over the weekend and "left with 20 girls," a very impressed source tells the New York Daily News. "Leo and 20 girls. He is my hero."

Leonardo DiCaprio  
GETTY IMAGES

# K. Michelle pours her hip-hop heart out

**Music.** Rebellious songstress reveals her wounded self on new album *Anybody Wanna Buy A Heart?*

EMILY  
LAURENCE  
Metro in New York City

Those familiar with K. Michelle — whether it's by watching VH1's *Love & Hip Hop* or listening to her debut album *Rebellious Soul* — know she doesn't hold back. If you make her angry, everyone will find out. But the R&B songstress is showing a softer side with her sophomore LP, *Anybody Wanna Buy A Heart?* (out Dec. 9) and her current VH1 reality show, *K. Michelle: My Life*.

Metro talked to her about exposing her pain and letting people see the real K. Michelle.

## Heartbreak and healing

"When I was recording the album, I was really trying to come to grips with something and either get over it or decide

whether I wanted to stay in it. So it was a good time to record an album," Michelle says of the new album, which she recorded just three months ago. She tells us almost all the songs are about the same person, which Internet rumours suggest is actor Idris Elba.

Maybe *I Should Call* is especially raw, a song about being in love with a man who is having a baby with another woman. "I sent him a couple songs off the record and he said it was sad that we're in this position, but this is art. And he said it was a great vocal performance," Michelle tells us about her muse. But when asked if she saw the album as a way to have the last word, she said no, "I see it as a way to heal."

## On that Drake song

Not all the songs are intensely emotion-filled. Drake's *Would Love Me* is basically a fan's love song to Drake. "Girls look at Drake and think, 'Oh my God, he's so sweet.' He's the only one singing real love songs to girls. Other guys are offensive to women," Michelle says.

"I sent Drake the record and he loved it. He was like, 'This is dope. This is crazy. I'm so honoured.'"

## Reality TV vs. her reality

*Love & Hip Hop* fans may remember Michelle as a hot-headed drama queen, but while her current show still has plenty of drama, the singer put herself in control as executive producer to make sure that wasn't all people saw. "People get to see me as a business woman and a mother. It's hard," she says. But she certainly couldn't control everything. "The finale (which aired Dec. 8) is shocking and it was shocking for me to experience," she says. "To end the season like that, I thought, wow, (my life) really is made for TV."

## Quoted

"I sent Drake the record and he loved it. He was like, 'This is dope. This is crazy. I'm so honoured.'"

K. Michelle



K. Michelle GETTY IMAGES

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# Heal the mental injury, too

**Pain.** Hurting yourself during a workout has an effect on the mind

SEPTEMBRE  
ANDERSON  
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There's nothing like an injury to bring you from the top of your game to champion couch surfer. While injuries are an inconvenient part of an active lifestyle, being sidelined by one can shake even the toughest competitor.

"I can tell you from personal experience that suffering an injury is one of the most frustrating things to ever happen because you don't feel that you're ever vulnerable," said Dr. Howard A. Winston, family and sports medicine physician at the Centre for Health and Sports Medicine in Toronto.

## Prevent the hurt

Heather Gardner of Tribe Fitness in Toronto shares her tips on avoiding injuries.

- **Warm up.** Start with easy cardio lasting 15 minutes to raise your body temperature, get your heart rate up and muscles moving.
- **Build.** Slowly increase your gym time and intensity by about 10 per cent a week.
- **Don't overdo it.** "Make sure that whatever you're doing, you're listening to your body."
- **See a professional.** Consider help from a personal trainer to learn proper form.



An injury can have a lasting mental effect even after it has healed. ISTOCK

Winston played tennis at the provincial level and had to fault the finals due to personal injuries.

While many focus on the physical toll of injuries, the mental effects can't be ignored. Many athletes, recreational or professional, have found that the fear of reinjury, not the injury itself, is what holds them back.

Ryan Grant knows what it's like to be sidelined by injuries. The co-owner of HeadRush Training Center, a mixed martial arts gym in Toronto, saw his Olympic dreams shattered, literally, when he broke his hand during a boxing match.

"I went to nationals to see if I could qualify and that last year, for qualifications for nationals, I shattered my hand."

Grant spent six months in a cast and another six months in physiotherapy all while watching his competitor, the one he broke his hand on, go on to become world champion.

"Growing up, my brother went to the Olympics, my other brother was a world champion. I was supposed to be that guy," said Grant.

Grant, however, did not let his post-injury reluctance keep him from returning to the gym.

"You can't go in anything — work, school, relationships — harbouring something over the top of your head."

He built up his confidence by starting with exercises that he knew he could do and then increasing the challenge level, or what Grant calls "making sure the water's warm before getting back in there."

He also found wearing a brace — "mental reassurance," he says — helpful to regaining his mental toughness.

Grant agrees that it's the mental hurdle that's harder to get over than the physical hump. "I see it in athletes now. You'll see internal ailments

that you can't control and it'll shatter your whole hope."

"An injury is so demoralizing," Winston says. "At the same time, it happens and you know you can recover from it if it's not serious and you can get back to competing again."

Winston recommends a holistic approach to recovering from an injury that includes physical and mental care.

"Anybody who suffers an injury is best served by a multidisciplinary facility ... because all aspects of care can be covered through one roof," he said. "You're seeing people who understand your interests and concerns."

## A new way of assessing antioxidants

The benefits of certain foods such as orange juice could be more important than we think, according to a new study suggesting current methods for determining antioxidant activity only tell half the story.

Researchers from the University of Granada developed a method called the global antioxidant response (GAR) that they claim provides a more thorough analysis because it assesses food in its entirety.

The researchers say that current methods for determining antioxidant value reflect only the portion that gets absorbed by the small intestine, called the liquid fraction.

"The problem is that the antioxidant activity of the solid fraction (the fibre) isn't measured, as it's assumed that it isn't beneficial," says study author José Ángel Rufián-Henares.

"However, this insoluble fraction arrives at the large

intestine and the intestinal microbiota can also ferment it and extract even more antioxidant substances, which we can assess with our new methodology."

Using its GAR method, which simulates gastrointestinal digestion in vitro, on both commercial and natural orange, mandarin, lemon and grapefruit juices, the team found 70 per cent of the antioxidant activity was found in the solid fraction, meaning that

the numbers could be far greater than previously established.

"The antioxidant activity is, on average, 10 times higher than that which everyone thought up until now, and not just in juices, but also in any other kind of food analyzed with this methodology," says Rufián-Henares.

The study was published in the journal Food Chemistry.

AFF



The global antioxidant response method is the latest in assessing antioxidant value. AFP

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# Benefits of brain stimulation therapy

**Depression.** Doctors say this method can help when medications fail

Doctors are increasingly turning to brain stimulation therapy, a non-invasive procedure that uses electromagnetic energy, to treat severe depression that doesn't respond to standard antidepressant medications and psychotherapy.

Known as repetitive transcranial magnetic stimulation, or TMS, the treatment "exercises" an area of the brain thought to be underactive in people with depression.

TMS is administered using a hand-held electromagnet that is held over the skull above the targeted area of the brain — within the prefrontal cortex — which is determined through an MRI scan.

"The magnetic field passes unimpeded through the skull, and so when it interacts with the brain, it causes an electrical current to flow in the brain tissue that it touches," said Dr. Mark George, director of the Brain Stimulation Laboratory at the Medical University of South

Carolina.

"And so it's a relatively neat trick where you can non-invasively get in and stimulate the brain of an awake, alert person without any real major discomfort," George explained during a teleconference organized by the Centre for Addiction and Mental Health (CAMH) in Toronto.

George, a psychiatrist and neurologist who pioneered the use of TMS to treat depression 15 years ago, said the therapy is well-tolerated by patients and has minimal side-effects.

Up to 40 per cent of people diagnosed with major depression don't respond to antidepressants, the drugs' effects don't last, or patients can't tolerate their side-effects, he said.

"So it's a big part of the population that needs a new treatment, and TMS is now starting to go there."

Gail Bellissimo, 52, of Mississauga, Ont., suffered for years with severe depression, and found no relief, even after trying several antidepressant drugs and psychotherapy.

"Depression steals so much from a person. I describe it as an illness that insidiously takes



Transcranial magnetic stimulation uses an electromagnet to stimulate parts of the brain thought to be inactive in those with depression. ISTOCK

one's senses — sight, sound, touch, even smell and taste," she said. "There's no dimension to anything. Everything is dull, flat, monotone."

Bellissimo said depression

affected her ability to absorb and remember information. She often retreated into silence because the disorder hampered her ability to communicate.

But in February, Bellissimo

was enrolled in a clinical trial at CAMH to compare different lengths of TMS therapy in patients with so-called treatment-resistant depression.

Two weeks into her sessions, Bellissimo noticed "a shift ... it was a clarity and lightness," and full-fledged senses began to return.

"I could breathe. The lead weight and the incapacitating fog was lifted, allowing me to see a path, the direction of which was finally a positive one," she said. "I could laugh again. The treatment has allowed me to thrive — not just survive. I'm in the best place I've ever been, loving life, recovering and looking forward."

Dr. Jeff Daskalakis, head of the Temerty Centre for Therapeutic Brain Intervention at CAMH, said treatment-resistant depression costs the health-care system about \$19,000 per patient per year, while TMS costs about \$6,500 per person.

"And the treatment itself has persistent effects," he said. "So once you achieve remission, the likelihood of staying in remission is quite high, provided you get maintenance treatments ..." **THE CANADIAN PRESS**

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# STRUGGLING?

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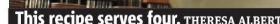
The University of Calgary, Psychopharmacology Research Unit (PRU) is conducting a research study with an investigational medication for ADHD in individuals aged 12-17.

Qualified candidates will receive study related care and investigational medication through this clinical trial.

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This study has been approved by the Conjoint Health Research Ethics Board. Ethics ID: REB 14-0816

[illegible]

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# LEARNING CURVE

## Mini MBA saves time and money

*Programs teach managers skills they need to reach next step*

If years of study and expensive tuition are simply not an option think small — real small.

Mini MBA programs are very popular and are available at more and more universities across the country. While there is no certification at completion, these programs teach managers enough of what they need to know to get to the next step.

“It’s for managers who have come up through a functional route like sales, finance, marketing or engineering and they’re moving into their first real general



SHUTTERSTOCK

### NUMBER CRUNCH

**30** The number of students in the University of Calgary’s business essentials program each year.

management position,” says Hugh Evans, director of executive education at the Haskayne School of Business at the University of Calgary.

While they might have knowledge in their specialty, they need a broader knowledge of management systems to make businesses work effectively, he adds.

The business essentials program runs from October to March, with about 15 one-day sessions on Fridays covering the main

elements of management practice. This schedule is effective for retention and applying what students learn when they go back to work, Evans says.

“There’s pre-reading, post-reading and activities to do, but the most significant red thread that goes through the program is the project.”

Students take on a project and use it as a focal point for what they are learning and use the professors as consultants.

Many people choose this type of program to avoid the time commitment and cost of a full MBA program. However, Evans says about 10 to 15 per cent of people in the business essentials program eventually get their MBA. In terms of cost, this mini MBA program is \$8,500, where an executive MBA could run about \$60,000.

“The phrase I use is, it’s MBA thinking without the crushing time commitment,” Evans says.

— Jennifer Taplin

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You are fortunate to have three business schools named after Calgary business leaders – Chiu School of Business, Bissett School of Business, Haskayne School of Business – as well as SAIT and the Calgary campuses of the University of Lethbridge and Athabasca University as options. But which one is right for you?

Check out all of your options at [bowvalleycollege.ca/yourfuture](http://bowvalleycollege.ca/yourfuture)

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# USE ABES TO UPDATE HEALTH-CARE SKILLS

The medical device reprocessing program (formerly called the sterile processing technician program) offered through ABES (Alberta Business and Educational Services) is designed to provide students with the necessary technical skills, employment preparation skills, and essential skills to work as a medical device reprocessing technician.

"If you are interested in working with health-care professionals and contributing to the surgical team, then the medical device reprocessing technician program can provide you with the knowledge and qualifications you need," says Julie Wright, campus co-ordinator, ABES.

"The role of the medical device reprocessing technician is to learn and perform all aspects of sterile processing with basic surgical instruments in the health-care workplace."

This program is designed to get foreign-trained health-care workers into the Canadian health-care system quickly.

The program contains 760 hours of instruction combined with 320 hours of unpaid work experience.

Graduates of this ABES program will write the International Association of Healthcare Central Service Material Management (IAHC-

## SCHOOL PARTNERED WITH PROVINCE

ABES runs in partnership with Alberta Health Services, Calgary Lab Services, Alberta Human Services and is the main employer (but not only) for ABES graduates.

ABES currently offers this program twice per year.

Students of this program must first have two years post-secondary training in health care or life sciences.

SMM) examination, and success in this exam is now a prerequisite to employment as a medical device reprocessing technician in Alberta.

"ABES remains the only educational institution in Alberta to include the IAHCSSM designation during training," says Wright.

"All staff working in medical device reprocessing must be certified prior to April 2015; and ABES best prepares students for the examination as a matter of course."

This 40-week program runs in partnership with Alberta Health Services (AHS) and graduates of this program leave with a number




CONTRIBUTED

of certifications, including medical device reprocessing technician certificate, IAHCSSM Certificate, First Aid certificate for health care professionals, CPR certificate for health-care professionals, and defibrillator certificate for health care professionals.

"Alberta Health Services provides our students with a practicum, and as a result 96 per cent of our graduates are hired by Alberta Health Services after their practicum experience," says Wright.

For more information, visit [abes.ca](http://abes.ca).




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# Classes tailored to various learners

## *Bow Valley College offers more than 100 courses and 20 certificates*

While continuing education can be a great way to pursue personal interests, one of the real benefits of continuing education is for those working full-time and looking to gain new skills for their professional development.

Bow Valley College has recognized this need and offers a wide array of professional courses and programs through continuing education.

"One of the many advantages to our courses is that they are very industry-focused and individuals are able to develop skills in one specific area," says Natascha Doiron, program coordinator, continuing education, BVC.

"These courses allow people to pursue new skills and increase their career possibilities."

BVC has more than 100 courses and more than 20 certificate programs.

By enrolling in one of these courses or programs, individuals are able to gain specific skills and knowledge, without making the commitment of heading back to school full time.

"This is a fabulous option for profes-



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sionals who want to improve their professional courses," says Doiron.

To make obtaining these skills more convenient, BVC offers a number of different delivery options that allow the more than 13,000 learners to study full-time, part-time, in-class, online, or in a blended format.

"People learn differently," says Doiron.

"We try and be very flexible in adapting to individual learning styles."

Doiron says BVC is also able to evolve their programming options to the demand of the market.

One way BVC has done that is by offering a number of new small busi-

ness and entrepreneurship courses — which includes a course on developing a working business plan.

BVC also has an entrepreneur-in-residence that helps entrepreneurs with questions and support in forming and developing their business ideas.

With the new downtown campus setting the standard, BVC offers learners bright, dynamic, and engaging classroom, lab, and study settings at their locations across southern Alberta.

For more information about the continuing education programs available at BVC, visit [bowvalleycollege.ca/conted](http://bowvalleycollege.ca/conted).

## The plus side of online studying

Running from one meeting to another doesn't leave a lot of time to make it to class.

Online MBA programs are generally cheaper and offer another advantage — you can fit in schoolwork around a busy work schedule.

Athabasca University launched its online executive MBA program 20 years ago and it's still a popular program — including the January cohort, 820 students are enrolled.

It's for managers and leaders with significant experience, says Alain May, MBA program director at Athabasca University.

"It is delivered online with the exception of electives in residence that are a blend of online study and a five-day face-to-face component. These courses are offered on a variety of topics and take place across Canada and around the world."

Depending on several factors, tuition ranges from about \$45,000 to \$50,000.



SHUTTERSTOCK

Students are broken up into groups in a kind of interactive seminar. The groups are switched up with each course so students can get to know as many of their peers as possible.

"This helps them understand other job types, other companies, industries, cultures, etc., and plays an important role in understanding how to apply theories and concepts in many different settings," May says.

The online course requires 20 to

25 hours of study per week over the course of two-and-a-half to three years.

May believes Athabasca's MBA is one of the most challenging, rigorous programs in the world.

"Our students need the ability to manage competing time commitments from work, family, volunteering, and travel. We expect a high level of involvement, high levels of commitment and effort, but we don't dictate the where and the when." — Jennifer Taplin



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# MENTOR PROGRAM BOOSTS NETWORK

## MBA STUDENTS GAIN AT HASKAYNE

The mentorship program is a valuable part of the MBA student experience at the Haskayne School of Business.

The program helps MBA students form connections with the business community and exposes them to the realities of the business world.

The opportunity to connect with senior executives, business professionals, entrepreneurs, consultants, and small-business owners on a personal (one-to-one) level can be a transformational experience – for both students and mentors alike.

“The mentoring relationship can provide a neutral ground and ‘safe space’ for the student to explore different career choice conversations, switching concentrations or majors, begin networking in their chosen industry, broadening their connections on a professional and personal level, and increasing their confidence as they transition from academic life to post-secondary ‘life,’” says Frances Donohue, program co-ordinator, Haskayne mentorship program, Can-

### REQUIREMENTS

Students must apply for the program (registration opens in March 2015-April 2015).

The program is open to MBA and BComm students.

Applicants must complete three self-leadership assessments and attend a mandatory orientation session is required to be considered.

There is no guarantee that each applicant will be matched (based on mentor availability).

adian Centre for Advanced Leadership in Business (CCAL).

The Haskayne mentorship program is both a student development opportunity that engages the student on a different platform (outside of the classroom) and a community outreach opportunity.



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Donohue says for the students, the opportunity to connect with a business professional who can provide some soft skills training as well as open the door to different perspectives and experiences is invaluable.

He says the business community is also engaged with the university on a level that contributes to the growth and development of students, in a non-monetary way.

Some of the mentors are alumni and others completed their post-secondary

education elsewhere. He adds that there have been instances in previous years that mentors have hired their mentees, recommended for hire at other businesses or even gone into business together.

“Although not the focus, there are some mentors who view the program as the opportunity to find future talent,” says Donohue.

For more information, visit the website: [haskayne.ualgary.ca/research-centres/ccal/mentorship](http://haskayne.ualgary.ca/research-centres/ccal/mentorship).

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# LEARN SKILLS FOR MOST SOUGHT-AFTER POSITION

## ADMINISTRATIVE ASSISTANT PROGRAM AT MOUNT ROYAL

Administrative assistant positions are not only the most sought-after positions by people looking for jobs, but are also the most often posted by employers, according to Judie O'Neill, computer applications instructor at Mount Royal University Continuing Education.

The administrative assistant extension certificate program offered through MRU, offers students both technical skills and "soft skills" to give the students the very best chance at being a good fit for an administrative role.

"This certificate gives the students a chance to build and re-enforce those all-important technology skills needed in any office today, as well as to develop the "soft skills" that are so essential to a successful administrative assistant," says O'Neill.

"It also offers some opportunity for the

students to customize their learning and follow their specific interests by choosing from four optional courses."

The technology component focuses on the most widely used operating system and office software suite in the business world — MS Windows and MS Office.

Students will learn Outlook, Word, Excel and PowerPoint.

A file management course will ensure that students have the basics required to manage the huge amount of data that they will generate using the Office programs.

Also, there are two project-based courses that will give students the opportunity to practise their skills by integrating the use of the Office courses in simulated real-world business tasks.

The rest of the required courses in the certificate will help the students develop other skills so necessary in an office setting: writing, customer relations, meetings and accounting basics.

"The certificate also offers a group of optional courses to allow students to follow their personal interests and build on their strengths," says O'Neill.

"These include courses in conflict management, interpersonal skills, social media and event planning."



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Once students have completed this program, they will be qualified to pursue employment opportunities as administrative professionals, executive assistants, office assistants, or accounting staff.

For more information about this program, visit [conted.mtroyal.ca/ad-minassistant](http://conted.mtroyal.ca/ad-minassistant).

## Practical diversity training

One of the best things about Canada is the cultural diversity and how it shapes the country.

Whether it is in the community, schools, human services, or in the workplace, there is a diverse set of people bringing their own experiences and traditions to the table.

Especially in the workplace, cultural diversity is relevant across all professions and everyone can benefit from cultural diversity education.

Through the cultural diversity in professional practice extension certificate offered through Mount Royal University Continuing Education provides students with an understanding of cultural diversity within our changing Canadian society, and an awareness of how to apply that knowledge to professional practice.

"The course materials in this program take a rights-based approach to understanding cultural diversity in professional practice by using human rights legisla-



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tion as its guiding framework," says Ellen Murray, faculty/CDPP course writer, MRU.

"A primary purpose of these course materials is to help raise awareness of cultural diversity issues within our changing society so that individuals can readily apply this information to rights-respectful professional practice especially in human services."

This certificate is a four-course, fully online program to provide students the flexibility needed to complete the program from anywhere in Canada.

"This is a significant benefit to our learners, who may not be in the Calgary area, or who may be balancing work with education," says Elaine Ori, program coordinator, Community and Health Studies, MRU.

This program will assist in preparing students to work effectively within culturally diverse workplaces and communities, as well as with culturally diverse families from a human services perspective.

This program is about learning how to accept, respect, and appreciate cultural differences, as well as similarities, within the field of human services in particular.

"We also need to acknowledge that our cultural diversity plays an important role in shaping our perspectives, motivations, as well as professional practices," says Murray.

This program can also be customized for any organization through MRU's corporate training department. Visit [conted.mtroyal.ca/culturaldiversity](http://conted.mtroyal.ca/culturaldiversity).



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+ Dennis, Massage Therapy

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# BOW VALLEY COLLEGE TAPS INTO NUTRITION

## ONLINE COURSE OFFERS FLEXIBILITY

A lot of work goes behind food services in industries such as health care, and it takes a properly trained professional to make sure all aspects of it are done right.

The nutrition manager certificate at Bow Valley College is accredited by the Canadian Society of Nutrition Management (CSNM) and is designed for those interested in a rewarding food service career.

"It is quite a complex field," says Sandra Follett, program lead, nutrition manager certificate, BVC.

"There is a lot of room for people with these skills to fill jobs across the country."

The program is delivered online in a self-paced format.

Nutrition managers manage all aspects of food service operations, including menu planning, food preparation, safety, sanitation, purchasing, budgeting, marketing, and personnel management.

Students of this program will develop the abilities required to provide safe, quality management in the food service industry.



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It consists of eight online courses plus a 320-hour work experience course at the end.

"Students have learned all the book knowledge and the work experience component gives the opportunity to demonstrate their new skills," says Follett.

Once completed, graduates may find work at health-care facilities (hospitals, long-term care, rehabilitation), in the hospitality industry (restaurants, cafeterias, commercial catering services), government agencies, consulting services, private practice or research.

For more information, visit the website: [bowvalleycollege.ca/nutrition](http://bowvalleycollege.ca/nutrition).



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## Ambrose 101 gives students much-needed support system

Attending a post-secondary institution for the first time, or even after several years, can be intimidating to many students.

To ensure this is not the case at Ambrose University, it offers a number of programs, workshops and supports to make sure students' first-year goes as smoothly as possible.

"Whether it be academic, social or emotional challenges they face, students sometimes feel like the little fish in the big pond when they transition and some begin to drown with-

out the supports they need," says Lisa Moran, first year experience co-ordinator, Ambrose University.

Ambrose offers a first-year seminar called Ambrose 101, which addresses specific areas pertaining to the transition to university life.

"It focuses on the student as a whole — academically, emotionally, mentally, socially and spiritually, and provides helpful skills to assist with time management, paper writing and maintaining stable mental health," says Moran.

This program is taught by the first-year experience office with the support by student leaders, who work one-on-one with students to help with whatever the challenges are.

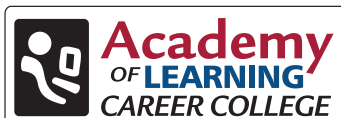
For students who need support with learning disabilities, tutoring, or managing their course load, the learning services department is always available to assist students with their learning needs. For more information, visit [ambrose.edu](http://ambrose.edu).

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# Striving to connect students and culture

## *St. Mary's aims for supportive experience*

St. Mary's University recognizes, respects, and celebrates the unique history and cultures of all of the First Nations, Métis and Inuit people.

"We appreciate that the land on which the university sits is traditional Blackfoot territory," says Michelle Scott, First Nations, Métis and Inuit (FNMI) liaison specialist, St. Mary's University.

"We strive to support all FNMI students through community partnerships, celebrations of rich heritage and cultural practices, and provision of an inclusive learning environment."

The FNMI program at St. Mary's University was designed to integrate an understanding and awareness of the culture, traditions, perspectives and history of St. Mary's FNMI students, neighbours and wider community.

This program is comprised of four foundational elements; FNMI advisory council, elders on campus, scholars on campus, and FNMI liaison specialist.

The roles of the council are to provide advice and assistance to FNMI strategies and

### **LIAISON SPECIALIST BACK TO HER ROOTS**

FNMI Liaison Specialist Michelle Scott has always strongly identified with her First Nations ancestry.

Growing up in central Newfoundland, Scott now calls Blackfoot territory where St. Mary's University sits, home. Scott is excited to welcome First Nations, Métis and Inuit learners to the campus as the FNMI office grows the services and supports.

activities, assist in developing FNMI plans, identify potential financial support, and support and promote the FNMI plan.

The council also promotes the program to prospective FNMI students and potential donors and ensures the FNMI program continues to meet the needs of our FNMI partners.

The elders on campus and scholars on



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campus programs are meant for the entire St. Mary's community to embrace and access.

The purpose of the FNMI scholars on campus program is to offer Indigenous scholarship and knowledge in a culturally safe, relevant and educational manner to the students, faculty and staff at St. Mary's.

"The goal of such an exchange is to promote understanding, respect, and reciprocity," says

Scott. "We are striving to promote and support a student-centered learning experience, increasing supports and services for FNMI students, meeting their academic, spiritual and cultural needs while increasing university capacity for understanding FNMI cultures, history, education and knowledge," says Scott.

For more, visit [stmu.ca/academic-support/fnmi-services](http://stmu.ca/academic-support/fnmi-services).

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## Update your credentials at Cambrooks

With recent changes to the required hours a massage therapist must have to gain certification, Cambrooks College has created an upgrading program to assist people to obtain these government standards.

The previous credentials for massage therapy were only 1,100 hours required and is now 2,240, according to Pamela Paul, programs manager, Cambrooks College.

"Most educational institutions will require a person to take the entire program over from the beginning as there is no

other way to obtain that many hours," says Paul.

"We at Cambrooks believe that one's prior learning should always be considered and we will work with each person individually to acknowledge their prior learning and help them to attain the newly required number of hours to be certified."

She says as the requirements for certification as a massage therapist have changed, many will be looking to upgrade as soon as possible, in a short amount of

time, in the most cost effective way as possible.

This new upgrading program has been designed to be flexible for students and can be taken on a full-time or part-time basis.

Along with this program, the health care aide and medical office assistant programs will begin again in January, offering both day time and evening classes to accommodate all.

For more information, call 403-452-3694, or visit [cambrooks.ca](http://cambrooks.ca).

## Columbia College trains students to be job-ready

Columbia College's integrated training program prepares students for employment in different sectors of the economy by giving them the opportunity to upgrade career-relevant skills and take part in relevant work experience.

"Integrated training is training for work," says Maria Chisamore, co-ordinator, integrated training and work experience.

"The programs are designed for individ-

uals who are interested in working at entry level positions in the following industries of sales, service, trades, transportation and warehouse, daycare assistants and bookkeepers."

Columbia's programs combine academic upgrading and career preparation with the goal of securing work experience that leads to employment.

The length of these programs are 16, 32 or

48 weeks, depending on the students' needs.

"During this time, students begin preparing to enter/re-enter the workforce in their chosen career," says Chisamore.

Some on-site skills may include, workplace English, math or business math, basic computer skills, and occupational skills related training.

These programs are funded by Alberta Human Services and students may be eligible to receive financial assistance to attend school full-time.

Chisamore says Columbia is always looking for employers who are interested in partnering with them to provide students with valuable work experience/learning opportunities.

For more information, visit [columbia.ab.ca](http://columbia.ab.ca).



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# Looking for design skills training?

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"Computer aided drafters are in demand in Alberta's energy and construction driven economy," says Charles Jarvis, general manager

of Digital School. At Digital School, not having prior experience in drafting or design is not an obstacle for new students.

"Students of Digital School may not start with a background in engineering or architecture, but within a year they develop the skills and experience as taught by our industry experts," says Jarvis.

Once completed, graduates of this program may find working directly with engineers and

technologists to design, plan, draw, and create products, machines, factories, buildings, highways, and transit systems in a variety of different industries. These may include architectural offices, engineering firms, CAD-specific workgroups, home builders, construction companies, all levels of government, and other related industries. Students also have the option to add on the process piping specialty (offered through Digital School). Visit [digitalschool.ca](http://digitalschool.ca) for more.

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"We take time to make sure our students provide safe, efficient patient care," says Muriel Shewchuk, instructor and quality co-ordinator, health-care aide program, ABM College.

The health-care aide program at ABM College has intakes once a month and individuals may choose from taking the program during the day or evening.

Students will learn the basics of human anatomy, medical terminology, chronic conditions, and palliative care, and then take part in a five-week practicum.

Graduates of this program are able to pursue careers in a variety of clinical and care settings and work with elderly patients, patients with mental-health issues, dementia, and patients with special needs.

Working environments for health-care aides encompass a wide variety of settings including home care, hospitals, auxiliary hospitals, nursing homes, long-term care, and group homes.

For more information about this program, visit the website at [abmcollege.com](http://abmcollege.com).



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Whether it's to start in the upcoming health care aide or medical unit clerk programs, or any of the in-demand business and payroll diploma programs, Academy of Learning makes it easy to go back to school and get training in a diverse selection of career training programs.

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SHUTTERSTOCK

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Academy of Learning is Canada's largest network of career colleges where students can earn their diploma in less than a year.

For more information, visit the website at [academyoflearning.ab.ca](http://academyoflearning.ab.ca).



SHUTTERSTOCK

## Robertson prepares grads for oil and gas industry

The new oil and gas administrator program at Robertson College is a comprehensive program that prepares graduates to take key administrative roles in the ever-expanding petroleum industry.

"Based on feedback that we have received from the oil and gas industry, they have indicated that their employees need to have the essential skills and knowledge, that is provided by this program," says Raleigh DeHaney, MBA, M.Sc, oil and gas program facilitator/instructor, Robertson College.

DeHaney says this is accomplished through a combination of instructor-lead classes in a traditional classroom setting, the completion of industry related projects, participating in field trips, having industry guest speakers present to students in the program, and the

program also includes an on-the-job practicum.

Students will gain an in-depth knowledge and understanding of the petroleum industry, its unique components and day-to-day practices.

Graduates may use the knowledge gained in this program as a stepping-stone to enter a specialized area of the oil and gas industry.

"This curriculum is focused on providing you with the essential tools to start and be successful in your oil and gas career," says DeHaney. "The focus is on your needs and the tools required to move beyond the classroom and into a job." Visit [robertsoncollege.com](http://robertsoncollege.com).



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If you are interested in Academic Upgrading, English Language Learning, or the Corporate Readiness Training Program, you may be eligible for Alberta Works funding. Visit the website to start the application process.

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NHL

## Jagr nets two points to celebrate 1,500th game

Jaromir Jagr had a goal and an assist in his 1,500th NHL game, and the New Jersey Devils defeated the Carolina Hurricanes 2-1 Monday night.

Devils goalie Cory Schneider made 39 saves, including 17 in the third period.

Adam Henrique scored the go-ahead goal on a power play with 13.4 seconds remaining in the second period for the Devils, who won for only the second time in eight games.

THE ASSOCIATED PRESS

## Projected NHL salary cap

# \$73M

The NHL's board of governors on Monday was given a preliminary estimate that the 2015-16 salary cap will be roughly \$73 million US. That's depending on the status of the Canadian dollar, which currently is worth 88 cents US.

## Saying goodbye



"Going forward, we have to play in honour of him, and

he's looking after us. It was a tough morning, but it was nice to see current and former players show up and show their respect."

Canadiens alternate captain Max Pacioretty following a visitation on Monday for hockey legend Jean Beliveau, who died last week at 83.

# Senators drop axe on coach MacLean

**NHL.** Ottawa first in the league this season to fire its head coach

Less than 18 months after being honoured as the NHL's coach of the year, Antigonish native Paul MacLean is out of a job.

The Ottawa Senators fired MacLean on Monday after an 11-11-5 start, though the problems team executives had with the coach extended back into last season when the Senators missed the playoffs.

Senators general manager Bryan Murray told a news conference Monday that assistant Dave Cameron will be the new head coach of the team.



Bryan Murray  
THE CANADIAN PRESS

"I've had some tough days lately," said Murray, who is currently undergoing cancer treatment and watched longtime Senator Daniel Alfredsson retire last week. "This is one of them."

MacLean, the first NHL coach to be fired this season, wore out his welcome among Senators players with tactics that led to many games in which they were outshot. Through 27 games, Ottawa has given up the second-most shots in the league behind only the Buffalo Sabres.

Murray, who broke the news to MacLean at 9:30 a.m. Monday morning, said he had



The Ottawa Senators fired head coach Paul MacLean, right, on Monday. Dave Cameron, left, who was his assistant, was named as his replacement. GETTY IMAGES FILE

## On the defensive

# 5.6

MacLean's defensive tactics that allowed opponents easy entry into the attacking zone were responsible for the Senators being outshot 34.4 to 28.8 on average this season — a difference of 5.6 shots.

"Some of the better players felt that they were singled out a little too often maybe," said Murray. "That's today's athlete. They want to be corrected, coached, given a chance to play without being

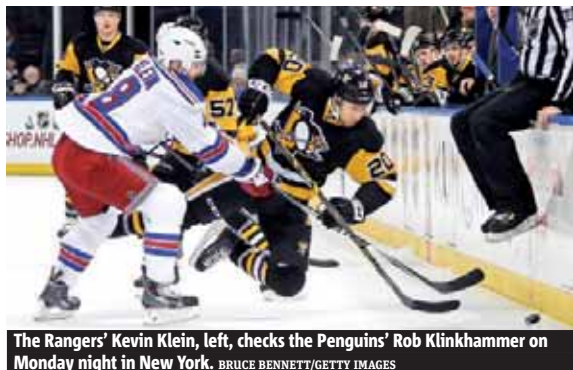
the centrepiece of discussion in the room."

Murray said he thinks Cameron's teaching style will be more effective.

"I think he'll relate a little bit to what we need here with some of our youth in particular," said Murray, who agreed with one reporter that communication with MacLean had become a "one-way street."

Cameron has extensive coaching experience at the Junior A and AHL levels, including coaching the 2011 Canadian world junior team, but has never been an NHL head coach. THE CANADIAN PRESS

# Rangers put Penguins on ice in overtime



The Rangers' Kevin Klein, left, checks the Penguins' Rob Klinkhammer on Monday night in New York. BRUCE BENNETT/GETTY IMAGES

Kevin Klein, bloodied earlier by a high stick that ripped off part of his ear, fired in a slap shot 3:45 into overtime to give the New York Rangers a 4-3 victory over the Pittsburgh Penguins on Monday night.

Klein, a defenceman showing off his offensive skills recently, scored for the second straight game and for the sixth time this season, a career high. He rescued the Rangers, who blew a 3-1 lead late in the third period when Pittsburgh scored twice in 24 seconds to tie it.

## On Monday

# 4

Rangers

# 3

Penguins

Part of Klein's left ear was severed and reattached during the game, Rangers coach Alain Vigneault said.

Rick Nash broke a second-period tie with his sixth goal

in eight games, and Henrik Lundqvist returned to the net with 32 saves for New York.

Pittsburgh wore its old-school black-and-gold uniforms but fell to 9-2-2 on the road. New York has earned a point in eight of the last nine regular-season meetings with the Penguins (5-1-3).

Cole Harbour native Sidney Crosby has gone seven games without a goal and has just one in his last 10 games. However, he leads the NHL with 26 assists in 27 games this season. THE ASSOCIATED PRESS

# Raptors play with fire to beat Nuggets

## Williams leads.

OT win a thriller for a full house at the ACC

Lou Williams scored 26 points, including a big three-pointer in overtime, to lift the Toronto Raptors 112-107 over the Denver Nuggets on Monday.

Jonas Valanciunas, with 18 points and 12 rebounds, and Kyle Lowry, with 13 points and 13 assists, both had double-doubles on the night for the Eastern Conference-leading Raptors (16-5).

Patrick Patterson added 19, while Terrence Ross finished with 16 for Toronto, which was playing their fifth game without injured all-star DeMar DeRozan.

Arron Afflalo had 25 to top the Nuggets (9-12) in their fourth straight loss. Ty Lawson added 22.

Toronto led by as many as 17 points in front of an Air Canada Centre capacity crowd of 19,800 that included former Raptor Charles Oakley, and looked poised to cruise to an easy win.

But the Nuggets chipped away at the deficit during

the third and pulled to 82-81 going into the fourth quarter.

Toronto is 14-0 this season when leading after three quarters, a streak that actually stretches back 39 games to April 1, 2013.

The Raptors have now allowed opponents to score 100-plus points in eight straight games.

THE CANADIAN PRESS



The Raptors' James Johnson, right, drives to the basket against the Denver Nuggets' J.J. Hickson in Toronto on Monday. DARREN CALABRESE/THE ASSOCIATED PRESS

## Rule changes

## IOC moves quickly in big overhaul

The IOC approved a wide-ranging reform package Monday, including a more affordable bidding process, creation of an Olympic television channel and a more flexible sports program that could bring baseball and softball into the 2020 Tokyo Games.

The IOC also approved the rewording of non-discrimination policy to include sexual orientation — a move that

followed the controversy over Russia's law against gay "propaganda" ahead of the 2014 Winter Olympics in Sochi.

The International Olympic Committee voted in favour of the new rules on the opening day of a special session to adopt president Thomas Bach's 40-point "Olympic Agenda 2020" program, the biggest changes in the IOC in decades.

"I hope in 20 years I can look back to this day with satisfaction and happiness and maybe a little bit of relief," Bach said. THE ASSOCIATED PRESS



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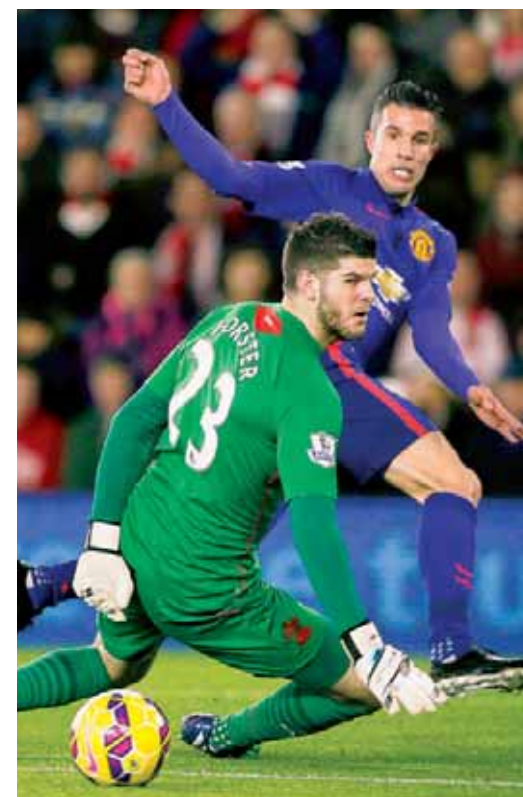
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## Van Persie to the rescue

United's Robin Van Persie scores the opening goal past Southampton's goalkeeper Fraser Forster in Southampton, England, Monday. United took heat from the hosts for most of the match, but Van Persie scored twice in Manchester's 2-1 win. ALASTAIR GRANT/THE ASSOCIATED PRESS

## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**



→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries

**March 21 - April 20**

What occurs today will cause you to question some of your most deeply-held beliefs. Could it be the world is not designed the way they told you it was?

### ♉ Taurus

**April 21 - May 21**

Refuse to settle for second best in anything you do. The standards you set now are the standards you will have to live by for the next few months, so aim high.

### ♊ Gemini

**May 22 - June 21**

It may look as if you are the only one who knows what's going on at the moment but the planets warn you could be kidding yourself.

### ♋ Cancer

**June 22 - July 23**

Don't scatter your energy in too many directions today or you may fail to reach your number one goal. That would be a shame because there is much you can accomplish.

### ♌ Leo

**July 24 - Aug. 23**

Be enthusiastic about what you have to do today. Even if it is the last thing you want to be doing you have no choice but to see it through to the end.

### ♍ Virgo

**Aug. 24 - Sept. 23**

You will need a great deal of patience over the next 24 hours, especially when dealing with authority figures.

### ♎ Libra

**Sept. 24 - Oct. 23**

You will hear something today that sounds too good to be true and you are right to be suspicious. What you are told is only half the story.

### ♏ Scorpio

**Oct. 24 - Nov. 22**

You need to let go of things you no longer need, especially things that have become a drain on your time and energy.

### ♐ Sagittarius

**Nov. 23 - Dec. 21**

Sometimes you are suspicious for no good reason but today you are right to be skeptical of what you see and hear. You need to question what work colleagues are telling you.

### ♑ Capricorn

**Dec. 22 - Jan. 20**

You need to put your financial house in order. Yes, you will have to make cutbacks, but in the long-term it will be worth it. Less means more.

### ♒ Aquarius

**Jan. 21 - Feb. 19**

Today may not be the most exciting day, but it will be important, not least because the motives of someone you have important dealings with will at last be clear to see.

### ♓ Pisces

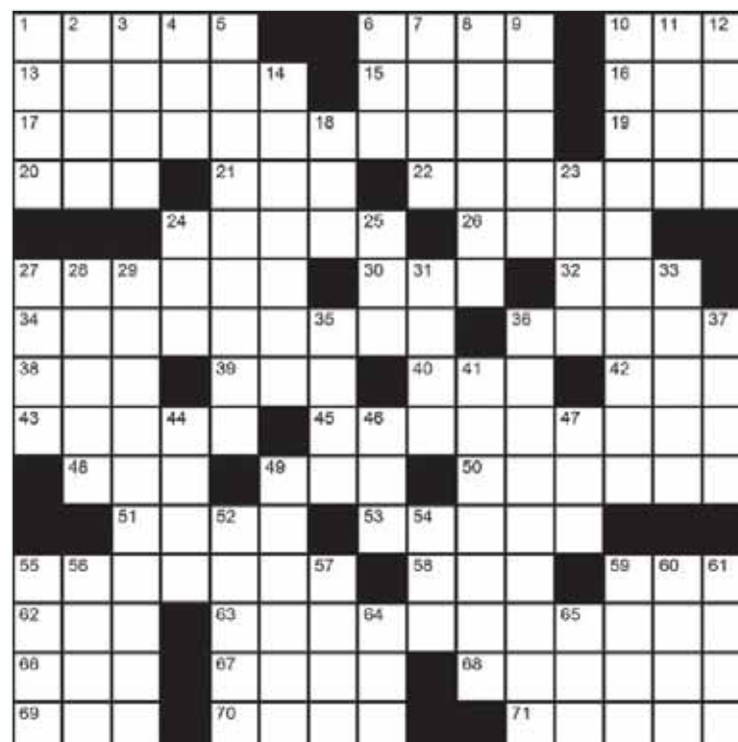
**Feb. 20 - March 20**

You need to deal with a situation that has been bothering you for several weeks. It may require you to make a decision that is in some way final.

## Crossword: Canada Across and Down by Kelly Ann Buchanan

### Across

1. Rocker Mr. Lewis'
6. Li'l quantities
10. Haul
13. Talent show Cat Deeley hosts [acronym]
15. Villain's chuckle
16. Identity part
17. Gwich'in activist (b.1934 - d.2010) who advocated for rights of Aboriginal and northern women. She is also a Member of the Order of Canada.: 2 wds.
19. \_\_\_ mode: 2 wds.
20. Flight simulators co.
21. Sarcastic
22. Tweezers/stencils purchase: 2 wds.
24. President's Choice's Mr. Weston
26. "What's Hecuba to him \_\_\_ to Hecuba..." - Hamlet
27. Ablaze: 2 wds.
30. Long time
32. Richard Wagner aria: "\_\_\_, Mein Holder Abendstern"
34. Christmas-y village in Quebec, \_\_\_
36. Beyonce's 'I Am... \_\_\_ Fierce'
38. Li'l roads
39. Enlightenment in Buddhism
40. \_\_\_-eyed
42. Canadian actress Sandra's
43. Eights: Spanish



45. Vancouver Island community known for its murals
48. Cleave
49. Modern
50. Potential response to "Will you ever?": 2 wds.
51. Network of nerves
53. Some fishies

55. Commonplace
58. Name: French
59. Geog. coordinate
62. Pitcher's stat.
63. This northern Saskatchewan settlement's name reflects its mining heritage: 2 wds.
66. Guys

67. Taboo
68. Salmon: French
69. Not: French
70. Understood
71. Free: French

### Down

1. \_\_\_ Bank Canada
2. Scottish island

9. Mister: Spanish
10. Madonna's "Rebel Heart", recently: 2 wds.
11. Fancy fruit
12. Bearded animal
14. Singer Ms. Love
18. "Affirmative, Admiral!"
23. "Slow down!"
24. Cotton \_\_\_
25. Born, in Boucher-ville
27. Bone, in Italy
28. "Of course!", slangy
29. \_\_\_ Cove (Attraction in Eastern Passage, NS)
31. Ye's follower
33. Casual 'yes'
35. As soon as...
36. Whale, for one: 2 wds.
37. Abbreviated aide
41. Foreboding
44. Due, as dollars
46. Very warm
47. '\_\_\_' for Iqaluit
49. Nerve cell
52. Spare tire locale
54. Single
55. \_\_\_ hearts (Health store purchase)
56. Fertilizer component
57. Horse's 'hair'
59. Branch
60. 'Origin' suffix
61. Ms. Daly
64. This moment
65. \_\_\_ bono? = For whose benefit? ...in Latin

## Yesterday's Crossword



### Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)



## Conceptis Sudoku by Dave Green

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



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